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ABSTRACT

This publication presents success stories and actual activities from Team Nutrition Days 1997 to serve as a starting point for other schools wanting to create their own nutrition education activities. Team Nutrition Days was a 1-week celebration that used innovative, interactive activities to teach children that nutrition is the link between agriculture and health. It supported schools in providing healthy school meals and nutrition education. A sample timeline is featured for use in planning Team Nutrition Days activities. Some of the success stories/activities from the various schools included: nutrition navigation night, tasting your way to good health, seasoning with herbs, virtual community farmers' market, tastes of the world, musical food pyramid, creative cookbook, and locally grown...healthy lessons. The publication lists participating schools in each state. (SM)

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TEAM NUTRITION · USDA

TEAM NUTRITION DAYS 1997

Serving Up Success!

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TEAM NUTRITION: SERVING UP SUCCESS!

Team Nutrition Schools are leading the way in conducting exciting activities that link the classroom and cafeteria, making nutrition education part of the entire school! Team Nutrition activities are enhancing the relationships between foodservice personnel and other school staff while teaching children to make healthy food choices where they live, learn, and play.

In May 1997, schools participated in Team Nutrition Days, a week-long celebration using innovative, interactive activities to teach children that nutrition is the link between agriculture and health. We asked schools to tell us about their activities, and the response was tremendous! Serving Up Success presents some of the exciting activities schools conducted during Team Nutrition Days and the past year. We've transformed these success stories into easy-to-follow activities you can conduct in your own school.

Launched in June 1995, Team Nutrition supports schools in providing healthy school meals and nutrition education. School meals are the "fuel" for future generations, and the National School Lunch and School Breakfast Programs can help improve the nutrition status—and readiness to learn—of our Nation's children.

An innovative network of public/private partnerships supporting schools in implementing the historic School Meals Initiative for Healthy Children, Team Nutrition is a comprehensive, integrated plan to ensure healthy meals at school. Team Nutrition provides state-of-the-art training and technical assistance for foodservice professionals, and creative nutrition education for teachers, children, and families. It actively involves a network of almost 300 supporting organizations that, in turn, form community coalitions to promote the Team Nutrition message through the schools, families, the community, and the media.

Team Nutrition has achieved great success in a short period of time. The program produced and distributed more than 45 different resources reaching millions of children in thousands of schools, and provided the tools of change for foodservice professionals. Almost 26,000 schools—teaching almost 13 million children—have joined this Team that will ultimately reach more than 50 million children in 94,000 schools nationwide! Recently, the American Dietetic Association and the Society for Nutrition Education honored Team Nutrition for excellence in nutrition education.

But the real success of Team Nutrition is evident in the nutrition education activities that are not only teaching kids nutrition lessons, but also encouraging the entire school community—educators, administrators, parents, foodservice personnel, supporters, and students—to work together. Entire schools are teaching—and learning from—each other to make food choices for healthy eating and leading the way to a healthier future.

Let us know about the exciting things happening at your school, and we will share them with other schools across the country!

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HOW TO USE THIS BOOK...

Success Stories

We hope that the Team Nutrition Days 1997 success stories will serve as a starting point for you to create your own nutrition education activities for 1998 and beyond. The following are real activities conducted by real schools across the country!

Sample Timeline

A sample timeline is featured on page 40 for you to use in planning your Team Nutrition Days activities. As you adapt some of the ideas provided in this book, your timeline will become more specific and will include all the details necessary to take you from planning and gathering resources, to conducting the activity, thanking participants and doing other followup.

Have Fun!

NUTRITION NAVIGATION NIGHT

TIMING TIP

This is an excellent beginning of the year activity! It affords a great opportunity for teachers to meet new and returning parents in an informal setting.

What's It All About?

This special evening is designed to entertain and educate families about the benefits of getting fit and eating the Food Guide Pyramid way. This version takes students and parents on a journey, navigating through the school's hallways and classrooms with a compass, participating in physical activity, sampling nutritious foods, and playing games. Parents had better brush up on their compass reading skills!

How do we start?

The first step in planning is to identify the activities that students can prepare and the resources available to help support those activities (see page 40 for a sample timetable). An example of a theme for the family night can be the link between physical activity and nutrition. Ask the physical education teacher to offer low-impact introductory aerobics or give personal physical activity quizzes. Invite local athletes from high schools and nearby colleges to talk about nutrition and physical activity. To emphasize how tasty healthy eating can be, try serving yummy snacks from Team Nutrition's *Food, Family & Fun: A Seasonal Guide to Healthy Eating* cookbook, such as Fruit Yogurt

Educator Tip

Prepare older students for this activity by familiarizing them with a compass beforehand. This lesson can be incorporated into mathematics or geography classes.

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Shake and Fresh Fruit Kabobs or Cinco de Mayo Nachos or Turkey-Topped Pizza. Ideas for other activities include vegetable car races, a guest nutritionist, a library list of nutrition-related reading, and interactive games such as nutrition hopscotch.

What else?

Next, assign each activity to a classroom or other location on school grounds. Now you will need to choose a central spot from which all compass readings will be taken. Make sure this spot is large enough to accommodate all participants, as this will be the central gathering area for the activity.

Using your distance and compass readings, design a map with navigational directions. Have families visit activity booths by giving them the distance and direction from the central spot to the desired activity booth. Then give them the distance and direction from that activity to the next activity booth. Numbering the activity booths may provide families with a way to monitor their navigation skills. In addition, it may make sense to have participants return to the central spot between activities.

And more...

Families should be encouraged to take their time exploring the various booths. However, set an end time for everyone to meet in the central area. The evening should culminate in a prize drawing for successful navigators. Prizes may include gift certificates to a restaurant or local gardening center, or a home gardening kit donated by supporters.

SUPPORTER TIP

Solicit several local grocery stores for small donations of food to stock the healthy snack booths. Compasses might also be donated or "loaned" by a local sporting goods store. Some parents may also have a compass at home that they can share for this activity.

THIS ACTIVITY WAS INSPIRED BY
Longfellow Elementary School, Bozeman, Montana.

DON'T BE SQWORMISH ABOUT GOOD NUTRITION!

TIMING TIP

In areas where winter weather may be harsh, extend your planting season by growing indoors.

What's it all about?

This is a great hands-on activity for younger students. While the school that inspired this activity conducted it with first and second graders, even older students will enjoy composting and planting their own garden. Once the compost is harvested, the composting bin can be started again for the following year's students.

How do we start?

Begin the lesson by explaining where our food comes from and the importance of good soil. Then explain the role worms play in enriching soil for planting. The class should prepare the composting bin in the spring by combining strips of newspaper, dirt, cafeteria leftovers, and worms. This mixture should remain covered. Feed the worms table scraps from the cafeteria on a regular basis.

Educator Tip

A composting bin does not need to be large for this activity to be successful. A small composting bin and about 2 pounds of composting worms will work to produce the compost for the following year.

What else?

A student can volunteer to take the composting bin home over the summer or summer classes can continue to feed the worms. Then, in the fall, the class can "harvest" the worms from the compost. Three separate activities can take place surrounding gardening. Students can select which activity they want to participate in, but they should feel free to move among the groups. One group can sort through the compost and remove as many worms as possible. Another group can shred several newspapers into 1/2-inch strips to restart the composting bin for next year's activity. The third group can explore a rotting log, which can easily be found in most wooded areas, for insects and signs of decay.

Next, the compost, potting soil, and garden plot can be divided between the two grades. Vegetable, herb, and flower seeds can be planted in these gardens for observation of the growth process and plant parts. Partner with a local university or high school biology professor to bring in a microscope for students to investigate plant parts, as well as examine the changes that take place from seed to fruit.

SUPPORTER TIP

For more information on composting, call the National Gardening Association at 1-800-538-7476 (or visit their Website at www.garden.org).

And more...

Finally, the students can enjoy a "nature" lunch. With the help of the cafeteria manager, lunch can consist of "roots," "stems," "leaves," "seeds," and "fruits." Examples of "nature" lunches include garden salad, fruit salad, and multi-grain bread. Ask the students to sort their garden and fruit salads onto a three-section plate that has been pre-labeled: roots, stems, leaves, and fruits. Examples of these foods include: carrots = roots, celery = stems, lettuce = leaves, sesame = seeds, and berries = fruit. After sorting and discussing the reasons for their choices, return the salad parts to their bowls and enjoy. In keeping with a garden theme, serve a "dirt dessert" made from low-fat Oreo cookies, low-fat chocolate pudding, and gummy worms.

SCHOOL-WIDE TEAM NUTRITION FAIR

LINKING AGRICULTURE, NUTRITION, AND HEALTH

TIMING TIP

Planning this activity for the beginning of the school year provides teachers and parents with an excellent opportunity to get to know each other!

What's it all about?

This multi-faceted activity illustrates the relationship between agriculture, nutrition, and health. It provides parents, staff, and faculty with a great opportunity to work together and to take advantage of the resources in their community. It challenges schools to let the spirit of Team Nutrition fill not only the classrooms but also the doors, hallways, ceilings, bulletin boards, and cafeteria!

How do we start?

Announce the school-wide Team Nutrition fair to the entire school. Ask each class to create a project to display at the fair. Each class can decorate the doors of their classroom to illustrate the themes of Team Nutrition. Invite local community partners to sponsor a booth at your Team Nutrition fair.

EDUCATOR TIP

Cross the age barrier! Team up older and younger students as partners. Older classes can build a booth and younger students can decorate it.

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What else?

Incorporate preparation for the fair into several subject areas. Art classes can decorate the halls, cafeteria, library, etc., with posters or material about Team Nutrition and eating healthy. Science classes can learn about seeds and plant growth. Social studies classes can discuss agricultural products grown in your region or state and label each crop on a map. The health fair can also feature a nutritious foods snack bar.

THIS ACTIVITY WAS INSPIRED BY
Church Point Elementary, Church Point, Louisiana, and West Feliciana Junior and Senior High Schools, St. Francisville, Louisiana.

And more...

Invite parents to the fair to see their child's class present a Team Nutrition project or game. Examples of activities:

- Kindergartners and first graders can present a "Mardi Gras" parade where students dress up as their favorite nutritious food.
- Second graders can enact "The Little Red Hen," a story about how a grain of wheat becomes a loaf of bread.
- Third grade French class can sing the "Food Time" song in French - creative students can even write an extra verse.
- Middle and High School students can play "Food Group Relay Racing," where teams of students take turns pulling food items from large plastic bags and racing to put them in the appropriate food group-labeled basket across the room.

Give awards on the night of the fair for the most creative, most original, most Team Nutrition theme-related art, most colorful, most likely to be remembered, etc. The winning team can win prizes, such as a frozen fruit dessert. And finally, the entire school can participate in a taste-testing sponsored by one of the classes.

SUPPORTER TIP

Invite community resources such as staff from the local plant nursery or a local nutritionist or extension agent. Invite members of the Department of Agriculture or Department of Education.

TASTING YOUR WAY TO GOOD HEALTH!

What's it all about?

A tasting party is a creative way to interest students in healthier eating. This activity can be a simple classroom activity or involve the entire school. Here are several ways to make your tasting party interactive and fun for everyone!

TIMING TIP

This activity can be as simple or involved as you want it to be. The more classes that participate, the earlier you will need to start planning. It's up to you!

How do we start?

MAKE FOOD PYRAMIDS. Choose a colored paper plate for each category of the Food Guide Pyramid. For example, blue for grains, red for dairy, orange for fruits, etc. Make sure that a variety of foods is available from each food group so students can choose among several options. Place the foods on the correct colored plate, forming a pyramid with the foods they have chosen. Make sure a color-coded "key" is posted somewhere in the room so that students can check the order of plates in their own pyramid.

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THROW A "POTLUCK" TASTING PARTY. This activity is especially fun for older students who may be learning to prepare their own meals. Ask students to prepare one of their own favorite nutritious foods to bring in and share with their classmates. Ask them to write down the recipe and then compile the recipes to make a classroom cookbook to take home. The recipe can be entered into a nutrient analysis software program so the students can learn about nutrient content. Remember that eating healthy is about balance over time.

THIS ACTIVITY WAS INSPIRED BY
West Feliciana Junior and Senior High School, St. Francisville, Louisiana, Cavanaugh Elementary, Fort Smith, Arkansas, and Bowring Elementary, Bowring, Oklahoma.

CONDUCT A TASTE "TEST." Prepare sheets listing all of the food items offered at the tasting party. In columns to the right of the listed food, list the letters D, M, F, V, and G (for Dairy, Meat, Fruit, Vegetable, and Grain groups), with a space after each letter (e.g., D ___ M ___ F ___). Before sampling each food, have the students identify the food on the list by putting a check by the correct food group letter. Allow students to sample a variety of foods after they have matched the food with the food group.

What else?

Conduct a "blind taste test." Buddy students up to take turns guiding each other through the variety of food options. Ask the blindfolded partner to identify foods using the senses: touch, smell, and finally, taste.

Play the "Wheel of Nutrition" game: Create a "Wheel of Nutrition" which lists all of the food groups, as well as extra items, such as "free spin" or "lose a turn." Give students two spins. When a student lands on a food group, ask them an age-appropriate, food-group-related question. For example, first graders may be asked to match a particular food with its food group. Older students may be asked questions like, "Name a fruit which has a lot of vitamin C." (Answer: orange or strawberry.) Another question from the grain group might be, "Name a food from the grain group which tastes especially good with milk poured over it."

And more...

Winners can receive a coupon for a free item from the cafeteria or a local grocery store.

FILL YOUR TANK & GO!!

What's it all about?

This activity illustrates healthy eating in a creative and effective way, yet involves very little preparation and few materials. It also provides an opportunity for the Foodservice Manager to interact with teachers and students outside the cafeteria.

How do we start?

The Foodservice Manager uses a toy truck to illustrate that, just as autos run on gasoline, we too need fuel. "What is our fuel? Nutritious food!" The Foodservice Manager visits each classroom with the toy truck and discusses the food guide pyramid and healthy eating patterns. Then, using scenarios like "This is what happens when we don't eat properly," the students can role-play with the teachers and each other to illustrate the link between energy and food.

TIMING TIP

Make the presentation an hour or so before lunch. Then use lunchtime as an opportunity to reinforce that "food is fuel."

Educator Tip

Invite students to role play with each other about which foods they think will give them the most ENERGY.

HEALTHY FOOD IS FUEL FOR THE BODY

What else?

To reinforce the "food is fuel" concept, a battery operated robot, commonly found in toy stores, can be placed on the cafeteria serving bar with a sign saying, "Power Pete says: Get charged, fill your tank, and EAT HEALTHY!!" Turn the robot "on" to greet the students as they pass through the lunch line.

And more...

Based on what they learned in class, students can help the foodservice staff design a menu for an all-school Power Lunch to be served on the day of the demonstration! Students can make signs and posters illustrating the Power-Up theme and display them in the cafeteria. This is a fun and educational way to eat well and "fuel up" for the rest of the day.

SUPPORTER TIP

Get a local toy store to donate a toy truck or robot to help the Foodservice Manager or others demonstrate how food is "fuel for the body."

THIS ACTIVITY WAS INSPIRED BY *Canyon Elementary, Cataldo, Idaho.*

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SEASONING WITH HERBS

What's it all about?

Planting a vegetable and herb garden can be a wonderful learning experience as well as another way to teach students about nutrition. Gardening can be incorporated into a nutrition lesson in a science class or health class. The fresh herbs and vegetables grown in the students' garden can be donated to your school's foodservice program and used in the school's lunch and breakfast. This is a great way for everyone to reap the fruits of the students' labor.

TIMING TIP

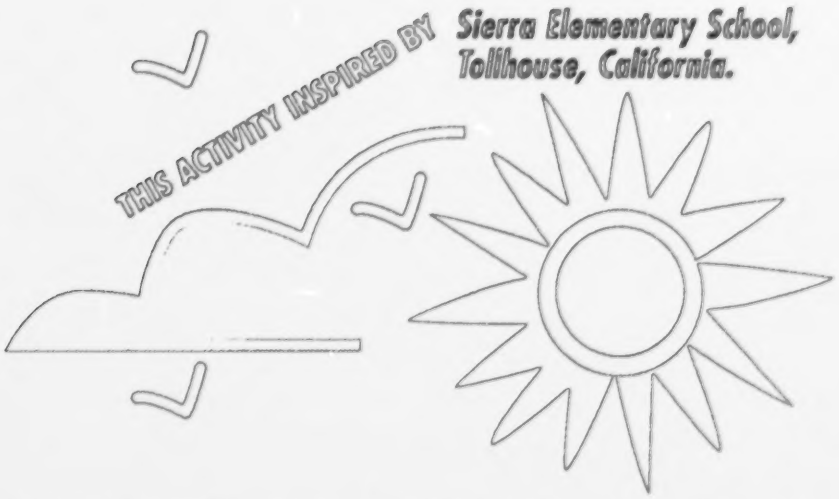
When choosing seeds for your garden, be aware of regional and seasonal variations that affect the growing season.

How do we start?

Start preparing the garden for planting several weeks in advance. Contact potential partners for donation of seeds, other materials, and gardening tips. Have each class select an area of the garden in which to plant. Make sure a

GARDENING TIP

Fresh herbs are always more flavorful than dried herbs! Herbs such as oregano, basil, and mint are easy to grow.



variety of vegetables and herbs are planted. Certain vegetables (radishes, peas, and zucchini) and herbs (oregano, mint, and basil) are easy to grow and can be readily incorporated into the school's meals.

What else?

As vegetables ripen, each class can harvest its own crops and bring the vegetables to the foodservice team to add to the school lunch menu in creative ways. For example, radishes and carrots can be added to the salad. Try the Thick Vegetable Soup recipe in Team Nutrition's *A Tool Kit for Healthy School Meals: Recipes and Training Materials*. In class, discuss the importance of eating at least five servings of fruits and vegetables every day.

Introduce the herbs to the children. Show the herbs growing and let students smell the leaves. Try adding the herbs to a recipe cooked in the classroom to let students taste the difference in flavor. Squash makes a nice side dish or main dish casserole. Try the Tomato Squash and Onion Casserole in *Food, Family and Fun: A Seasonal Guide to Healthy Eating*. The recipe calls for fresh thyme, oregano, and basil.

And more...

To involve everyone in the gardening activity, ask your school foodservice team which herbs they would most likely use in their cooking and encourage them to use the fresh herbs in the school's meals. Highlight where the herbs and vegetables grown in the students' garden were used on the school's lunch menu. A picture of a sprig of leaves on the menu next to the items is a great way to link agriculture and healthy foods. Another good idea is to offer a description of the herb and a recipe using the herb printed directly on the menu.

MINI CHEF CONTEST

TIMING TIP
Organize a timeline to make sure the activity goes smoothly.

What's it all about?

Fun and educational for the entire family, a Mini Chef Contest is a great way for everyone to be involved in a Team Nutrition activity. The students will learn about choosing nutritious foods according to the Dietary Guidelines and the Food Guide Pyramid.

How do we start?

Ask the students, with the aid of their parents, to look through family recipes, cookbooks, and magazines for healthy snacks and desserts. The students can help their parents follow a recipe and then bring the prepared dish to school to enter into the contest. If facilities are appropriate, the students can also prepare the recipes in the school kitchen with the help of the foodservice staff.

What else?

The students can help create a letter and recipe entry form to share with their parents. The letter should include contest rules and regulations and the

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contest deadline. The students can decorate the school fliers and posters to promote the contest. A notice can be posted in the school newsletter to further promote the activity. Teachers should encourage the students to participate and offer assistance where necessary. A teacher from each grade level, foodservice staff, parents, and Team Nutrition Supporters can judge the contest. The students can enlist supporters to donate food for cooking.

THIS ACTIVITY WAS INSPIRED BY *Tarawa Terrace Elementary School, Tarawa Terrace, North Carolina.*

SUPPORTER TIP

Supporters can donate food for the recipes, provide contest prizes, and help print and distribute the cookbook.

Each entry can be judged according to its nutritional content, eye appeal, number of ingredients, ease of preparation, and cost of preparation. To determine the nutritional content, the recipe can be entered into a nutrition analysis software program. Prizes can be awarded to the first, second, and third place recipes and honorable mention recipes. Prizes can range from ribbons and certificates to recognition in the school newspaper to gift certificates for local restaurants.

And more...

Prizes can be awarded during a school assembly or at a community event, such as a Family Fun Night or PTA meeting. Winning recipes can be sampled by students, parents and teachers at the event. Giveaways, such as Mini Chef buttons for the students and Major Chef buttons for parents and teachers, can help make the activity fun for everyone who participated. After all, "behind every Mini-Chef is a Major Chef."

As an optional activity, the winning recipes can be printed in a cookbook to distribute in the community as a fund-raiser for the school. Local retailers can help distribute the cookbook and aid the school in its fundraising efforts. The students can contribute the artwork for the cookbook.

VIRTUAL COMMUNITY FARMERS' MARKET

TIMING TIP

Organizing a farmers' market can be easy if enough time is allotted for planning the activity.

What it's all about?

A community farmers' market can help teach children that fruits, vegetables, herbs, and dairy products come from a farm before they get to the grocery store. Your school can organize a virtual farmers' market that includes fresh fruits and vegetables, herbs, a hen's nest, a "virtual" cow to milk, and a churn to churn butter. Children can purchase produce and other goods with play money and sample a variety of foods.

How do we start?

Students' involvement in planning and organizing a farmers' market will vary depending on grade level. Older students can research types of fruits and vegetables that are grown locally. A teacher can contact local farmers to donate fresh produce for the farmers' market. If a real cow is not available for the market, students and teachers can create a "virtual" cow to milk. You can create a "virtual" cow from an old mailbox by painting black and white spots on it and adding a cow's face and tail. To milk the "virtual" cow, pour milk into a latex or rubber glove that has pin holes pierced in the fingertips. Place the gloves under the cow to form an "udder" and have the students squeeze the milk-filled glove into a bucket.

EDUCATOR TIP

Be creative and provide as many links as possible between agriculture and nutrition.

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What else?

Local vendors can help support the virtual farmers' market by donating produce and staff to work with the children. For instance, a local dairy farmer can demonstrate how to milk a cow. A watermelon farmer can teach everyone how to choose a ripe watermelon, and then have a watermelon for sampling.

Students can visit each of the vendors' booths at the farmers' market and sample foods where available. By learning where foods come from, students can develop an understanding of the link between agriculture and nutrition.

SUPPORTER TIP

Supporters can really help to make this activity come alive! Generous donations and support from local farmers are the backbone of this activity.

And more...

Teachers can incorporate this activity into several subject areas.

- ☐ Art teachers can have the students decorate paper bags to bring to the farmers' market and after the activity draw scenes from the market.
- ☐ Health teachers can use the activity during their nutrition component to teach the students about the Food Guide Pyramid.
- ☐ Science teachers can help create the link between agriculture and good health by demonstrating how plants grow and become our food.
- ☐ English teachers can have the students write essays and poems about farming and farmers' market fresh foods.
- ☐ Social studies classes can teach about a variety of foods grown in different regions of the country and the cultural history of agriculture.

THIS ACTIVITY WAS INSPIRED BY

Yazoo Community Action Head Start, Yazoo City, Mississippi.

TASTES OF THE WORLD

TIMING TIP

This activity can be as involved or simple as your school's resources and your creativity allow. It can last a week, or the entire year!

What's it all about?

Students can learn about various cultures by studying the traditions of foreign countries, and the entire school can get involved. This activity will enable students to research different countries and find out more about their food, agriculture, history, cultural traditions, and regional diversity. This is a great activity that can be as complex or as simple as you want it to be. How far you travel is up to you!

How do we start?

Students, with the help of their teacher, should pick a country to study. Once each grade chooses a country, the students can break up into several groups. Teachers can assign or have the groups pick topics to study. To learn about food and nutrition, each grade can choose a menu that highlights that particular country's food traditions. For instance, a class studying Spain can choose to serve empanadas or frijoles negros. Involve the foodservice staff to

EDUCATOR TIP

The sky is the limit with this activity. Travel as long or as short a distance as you and your students want to go. Get several classes involved so the children can experience a variety of cultures through the cafeteria.

work with the students to prepare lunch for the school according to the international theme. The students can decorate the cafeteria with travel posters, pictures, flags; cut out foreign phrases and words, such as "hello" and "thank-you;" play music; and learn traditional dances.

THIS ACTIVITY WAS INSPIRED BY
Pleasant Street Elementary School, Laconia, New Hampshire.

SUPPORTER TIP

The more community members involved, the more educationally rewarding this experience can be.

What else?

Potential sponsors may be travel agencies, local chefs, or representatives from each country who can teach the children firsthand about their country's rich cultural traditions. Local artists can display unique artifacts from each country. Local chefs can cook with the students or have a tasting activity with a variety of traditional foods.

And more...

Teachers can incorporate this activity into several subject areas.

- ☐ Art teachers can have the students make traditional art objects, such as painting Chilean masks or building Egyptian pyramids (like the Food Guide Pyramid).
- ☐ Science teachers can help create the link between agriculture and nutrition by teaching about the food cycle.
- ☐ English teachers can have the students write Japanese haiku or Irish limericks.
- ☐ Social studies classes can teach about foods grown in different regions of the world, such as rice from Thailand and kiwi from New Zealand.

MUSICAL FOOD PYRAMID

What's it all about?

Organize a school-wide nutrition musical. Learn about the Food Guide Pyramid in a fun way by combining music, art, and dance into a musical activity surrounding food. The students can also build their own Food Guide Pyramids from cardboard and label them with a variety of foods. Older students can identify which food groups are good sources of fiber, vitamin C, iron, etc.

How do we start?

Several months before the activity, teachers can look for food- and nutrition-related songs in grade-specific curriculum books or write their own songs. The students can help their teachers create ideas for producing a musical about the Food Guide Pyramid. Additionally, the students can create nutrition-related art and display it during the musical for the parents to enjoy.

TIMING TIP

Start planning early in the fall for a spring event. Get music teachers, art teachers, and team leaders on board as soon as possible. Lots of time is needed to coordinate the event!

Educator Tip

INCORPORATE KEY NUTRITION MESSAGES INTO SONGS WHICH WILL HELP CHILDREN REMEMBER THEM EASILY. GETTING PARENTS INVOLVED WILL ENSURE THE MESSAGES ARE REINFORCED AT HOME. PLUS, A SUCCESSFUL PERFORMANCE CAN BE SHARED WITH OTHER SCHOOLS OR THE COMMUNITY.

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Parents can get involved by helping to organize this musical activity. They can help the students learn the songs, design costumes, direct, and support the teachers. Professional storytellers or art and music specialists can help find songs, stories, and poems related to food and nutrition. Art supply stores can donate materials to make the Food Guide Pyramid. Also, a local theater producer or director might be able to provide assistance.

What else?

The students can recite poetry on gardening, farming, rain, or recycling, such as Shel Silverstein's "Sarah Silvia Cynthia Stout Would Not Take The Garbage Out."

And more...

A reception featuring all foods from the Food Guide Pyramid that were mentioned in the performance can provide the finishing touch to this fun and healthy learning experience.

SUPPORTER TIP

Donations of food-related songs or lyrics from music stores or food-related plays or stories from bookstores or food associations will help to make this activity come alive.

FAMILY TALES

What's it all about?

Storytelling is as ancient as the Pyramids. Passing tales and stories from one generation to the next is a wonderful cycle and can add greatly to the joy of learning.

How do we start?

Invite grandparents and parents to the classroom to share, through oral tradition, their insight on food. The foodservice staff can also share their knowledge on the evolution of the National School Lunch and School Breakfast Programs since 1946. Complement this activity with a delicious and nutritious school breakfast or lunch. After the activity, distribute handouts and other educational materials to help the students learn about different foods, their tastes and smells as well as nutritional value.

TIMING TIP

This activity can take place any time of year. The activity may overlap with such holidays as Mother's Day, Father's Day, Grandparent's Day, or Thanksgiving and encourage the entire family to participate. This is a great opportunity to honor and involve the older generation.

Educator Tip

Encourage the students to exchange poems or stories with each other about food traditions in their families. Tape record the storytelling to document the activity and keep in the files for years to come. This record may come in handy if your school decides to create a historical time capsule.

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What else?

The interaction between grandparents, parents, teachers, nutritionists, and foodservice staff can create a positive learning environment. The appeal of this activity is to involve the older generation in promoting cultural appreciation for authentic foods and food preparation. In one school where this activity was conducted, the students were amazed that their elders had to gather their food and carry water from far away to prepare the meals. Sharing stories helps put the value of healthy school meals in perspective for students, grandparents, and parents.

And more....

Storytelling can be both auditory and visual. Certain cultures transmit their history in paintings, tapestries, songs, dance, and theater. Storytelling is entertaining and educational and can encourage dialogue among generations. Decorate the cafeteria with posters, streamers, and artwork that the students create from the stories and food folklore.

SUPPORTER TIP

Invite community supporters, such as librarians, artists, and cultural experts. These potential partners could enhance the grandparents' stories. Also students can "adopt a grandparent" from local senior centers and nursing homes.

THIS ACTIVITY WAS INSPIRED BY
Jose Facundo Cintron School, Yabucoa, Puerto Rico.

ALL FOODS CAN FIT!

What's it all about?

The combination of food and entertainment is a fun way to bring people together, introduce the school's foodservice staff to the students, teachers, and parents, and market the breakfast/lunch program and healthy eating to the students and parents. Your school can piggyback a Team Nutrition activity onto an already established school-wide event, such as a PTA-sponsored family evening event. This can be a perfect opportunity to pool resources, make learning about food fun, and achieve the larger agenda of getting children to think about the foods they eat.

TIMING TIP

This activity is perfect for the spring. Build off the energy from March's National Nutrition Month. It will take coordination to plan the activity, so give yourself and partners plenty of time to set up.

How do we start?

You can work closely with the school principal, planning committee, and local public health coordinators to promote the activity, prepare appropriate nutrition education materials, and create interactive games so that students, parents, and staff will have a night to remember!

Booths and exhibits can be organized by students, teachers, partners, and foodservice staff to reflect a variety of nutrition-related topics. Examples of activities can include displays of fat in test tubes and sugar cubes, school lunch versus brown bag lunch comparisons, and Nutrition Facts label comparisons. The students can contribute artwork that reflects their ideas of

Educator Tip

Get creative by organizing exhibits, materials, games, posters and art created by the students. Find activities that both parents and children can do together to make learning about nutrition fun and interesting.

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what good health means. For instance, they can draw or paint a picture of someone cooking a healthy meal, purchasing fresh fruit in a farmers' market, or biking. Posters and displays can also reflect the theme "All Foods Can Fit When Eaten in Moderation."

What else?

The school foodservice staff will be able to play a major role in teaching about nutrition. For instance, they can create a display that shows the complete nutrient analysis of two popular school lunches as compared with a typical packed lunch. You may be surprised with the results, since school lunch generally is lower in fat and higher in important nutrients compared to typical bag lunches from home. The visual display will show the students and parents that the school lunches are healthy, not as high in fat as they are led to believe and that they are affordable.

Nutrition education materials such as brochures on the Food Guide Pyramid, healthy eating at home and raising healthy kids, along with recipes, can be made available for parents to take home. To end the evening on a fun note, organize a raffle. Prizes may include donated food and grocery vouchers, seed packets, gym bags, sports tickets, and stuffed animals.

And more...

Build on the enthusiasm generated from the evening and start to think of fun and exciting activities for next year. Have survey or feedback forms available for parents, teachers, and partners to fill out at the end of the activity. A future theme may be the link between physical fitness and nutrition.

THIS ACTIVITY WAS INSPIRED BY
Harris Elementary School, Akron, Ohio.

SUPPORTER TIP

Involve community resources such as local vendors, chefs, artists, and farmers. These community members could enhance the activities by helping obtain materials, recruiting participants, donating prizes, and raising awareness of the nutritional needs of children.

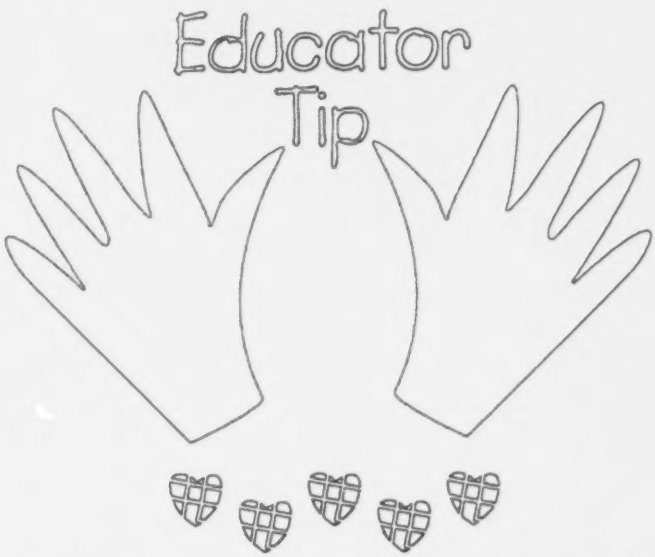
CREATIVE COOKBOOK

What's it all about?

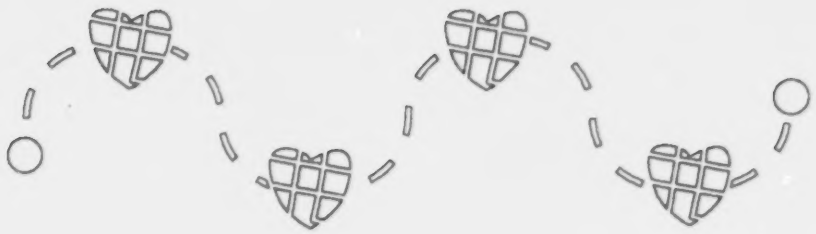
Creating a cookbook is both challenging and rewarding. As part of your school's commitment to good nutrition, you can choose to create a school cookbook filled with nutritious kid-tested recipes. It's a great way to find healthy recipes or modify old family favorites, and the cookbook can be used as a school fund-raiser.

TIMING TIP

Depending on your community resources, the cookbook can be as simple or elaborate as you want it to be. This activity is appropriate any time of year. The cookbook can be created around a theme, such as holidays (Thanksgiving, Christmas) or seasons.



While parents, students, foodservice staff, and community members are gathering recipes, create fun and interactive ways to teach the students about nutrition, such as displaying Nutrition Facts food labels, making collages with food products or magazine pictures, playing games, drawing pictures of food, etc. Also encourage the students to taste the recipes and appreciate the taste, smell, sound, touch, and sight of different foods.



THIS ACTIVITY WAS INSPIRED BY

St. Michael's School, Wausau, Wisconsin.

How do we start?

Developing a cookbook can be an educational process for both students and parents. Ask students and parents to submit recipes that are low-fat, low sodium, and low in added sugar. The recipes can be categorized and entered into a nutrient analysis software program for their nutrient content.

What else?

The students can create artwork for the cookbook. The students and school community can help collate and bind the cookbook.

And more...

This cookbook activity can complement the nutrition education that students are receiving in the classroom. Each section of the cookbook can highlight different food groups in the Food Guide Pyramid. Students will recognize that the Food Guide Pyramid is a tool to help you eat properly every day. Nutrition education can help us to make good choices about the foods we eat and show us how these choices affect our health.

SUPPORTER TIP

This activity welcomes all community members. Restaurants and chefs can demonstrate healthy cooking. Dietitians can talk about nutrition for growth or energy. Artists can teach students through creative arts. Writers can help students improve their written communication. Farmers can show the students where food comes from before it gets to the grocery store. Local printers can print the cookbook.

FASHIONABLE NUTRITION

What's it all about?

Have you ever heard students teasing, "You are what you eat?" Well, have your students close their eyes and picture their favorite fruit. Now, tell them to imagine becoming that fruit for a day. Why wait until Halloween for an occasion for your students to get into costume? Have students dress up in costumes of their favorite foods and parade around the school. Create skits or puppet shows for the students to act out how they can fit in nutritious foods every day or how eating these foods gives us lasting energy.

How do we start?

Dressing up as a variety of foods can make learning about food and nutrition creative and interactive for students, parents, and participating community members. Get the students' creative juices flowing by asking them about their favorite foods. Make sure to elaborate on the variety of food possibilities ...grains, fruits, vegetables, milk, and meat groups. Work with your art teacher to help create costumes using simple supplies such as brown paper bags, felt cloth, colored paper, pens, glue, balloons, cardboard boxes....

TIMING TIP

This activity can take place any time of year. The costumes may reflect the foods that are "in-season" (spring fruits or summer squash) or complement a holiday (Halloween pumpkins or Thanksgiving corn, turkey, cranberries, etc.)

Education Tip

The whole school can participate. The older students can mentor the younger students and encourage them to wear costumes and participate in the puppet show. Invite parents and grandparents to get involved.

What else?

Older grades can work together to write and produce a puppet show featuring food characters such as bagel, peanut, orange, milk, broccoli, and grapes. Have the students come up with creative names for each character. Students can get into character and act out scenes that address nutritious breakfast foods, the relationship between food and physical activity, healthy snacks, specific nutrients in foods, and how food can affect our bodies. The puppet show can illustrate that learning about food can be both educational and entertaining.

And more...

Use colorful costumes to generate conversation with your students about the nutritional value of different foods, how these foods taste, where they are grown, and what combinations of foods taste good. Humor is a key ingredient in keeping the students interested and curious.

THIS ACTIVITY WAS INSPIRED BY

James F. Murray PS #38,
Jersey City, New Jersey

SUPPORTER TIP

Involve community resources, such as local farmers or nutritionists, to participate as well as advise the script writers and share suggestions for costumes. Invite your town's mayor and school district superintendent.

LOCALLY GROWN... HEALTHY LESSONS

What's it all about?

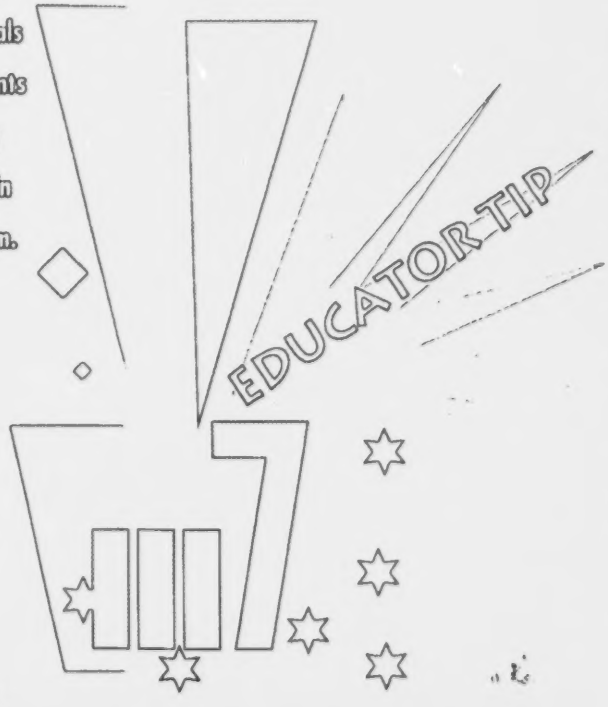
There are a lot of ways to link the classroom and cafeteria, and feature locally grown produce in activities. In one activity the students can help the foodservice manager to create and promote an educational bulletin board in your school's cafeteria marked with the foods grown throughout your state. The students will enjoy seeing how many different foods their state produces.

How do we start?

Ask your students where they think the food they eat comes from. Grocery store? Kitchen shelf? Ask them how they would feel if they knew that the food they ate was grown on a farm in their very own state? Donations of locally grown produce from partners can help to enliven the cafeteria. Invite local farmers to your school to share their experience. They can discuss the factors that affect the growing season, the seasonal and regional variations in crops, and where their crops go after leaving the farm. Sampling a variety of fresh foods will allow the students to discover new foods.

TIMING TIP

This activity can be done at any time of the year or throughout the year to highlight the various growing seasons. Classrooms and the cafeteria can coordinate to include locally grown foods in school meals as the students are studying about them in the classroom.



Elect student representatives as peer role models to work directly with the foodservice staff and faculty to design the bulletin board and create a rich learning environment in the cafeteria. Also, invite different classes/grades to be responsible for an activity once a month or each day of the week for one week. Creating an entertaining school cafeteria can be challenging, but very rewarding.

Learning activities do not have to be limited to the cafeteria. Organize a field trip to a local farm or botanical garden and encourage dialogue between local producers and the students. Have the farmer or gardener show the students the stages of growth from seeds to flowers and fruits.

What else?

Contact local vendors to donate prizes for a student raffle. Organize a trivia contest or jeopardy-type game about your state's agriculture as well as general nutrition questions and reward students for correct answers. Also, hold a raffle for all students who eat the school lunch or breakfast. Draw one name from a hat each day for five days. Prizes can include a free meal from the school cafeteria, local restaurant and grocery vouchers, seed packets, stuffed animals, dolls, basketballs, footballs, etc. Arrange for all of the students to receive a small gift at the end of the week, such as a package of seeds, donated from a local garden store or a national mail-order company, to plant at home with their family and friends. Send letters to the parents to encourage their children to plant the seeds, eat the healthy school lunch, and to make healthy eating choices at home.

And more...

The foodservice, faculty, and peer role models in each grade can generate games and performances during lunch hour. For example, students can guess what part of the state or region different foods come from, which foods are grown in which seasons, the food's nutritional value, how many servings of that food group they need each day, etc.

Other activities may include a healthy art contest that will encourage students to draw, paint or design a collage of foods and physical activities. Display their artwork around the cafeteria to inspire children to think about health. Ask the students to write poems, sing songs, or create dances about health, nutrition, foods, or physical activity. The school's atmosphere will come alive as students and faculty have fun learning and teaching about food and nutrition.

SUPPORTER TIP

Invite community resources, such as local farmers, farm fresh stores, and chefs to share their fresh produce. Send a letter to your state department of agriculture or education to inform them of your school's nutrition education activities.

THIS ACTIVITY WAS INSPIRED BY **Comstock Public Schools, Comstock, Michigan.**

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OTHER SUCCESS STORIES SHARED BY SCHOOLS

Nutrition Jeopardy

Create a school Nutrition Jeopardy game by having the students and teachers write the answers to nutrition-related questions. This activity will get students to do some research on nutrition and their health.

Prizes can be awarded to the students who ask the right questions to match the answers. Contact local organizations for nutrition education materials, such as the Dairy Council or local chapter of the American Cancer Society.

This activity was inspired by the Fairhill Elementary School in Fairfax, Virginia.

What Are You Eating?

Analyze your school's lunch menu and find out exactly what you are eating. Foods can be entered into a USDA-approved nutrition analysis software program and evaluated for its nutrient contribution.

Provide each student with a copy of the Food Guide Pyramid handout, and have them fill in the names of the school lunch foods in their respective food groups. Students can also fill in the number of foods they eat over an entire day to see if they are eating the Food Guide Pyramid way. Discuss the importance of eating according to the Food Guide Pyramid and the nutrient contributions of the five food groups.

This activity was inspired by the Ironwood High School in Ironwood, Michigan.

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Student Teachers

Solicit a group of the local high school students to create a nutrition lesson for middle or elementary school students. Student teaching not only helps regular classroom teachers, but also provides a valuable learning opportunity for the older students. Also, younger students love to hear what their high school role models have to say.

Topics can range from sports nutrition to how to fit in at least five fruits and vegetables a day! This will provide an opportunity for the high school students to become confident leaders and offer healthy, positive peer influence for the younger students.

This activity was inspired by Middletown High School in Middletown, New York.

Fruit and Vegetable Festival

Celebrate health with your students by coordinating a Fruit and Vegetable Festival. Organize the festival in your school with the help of the foodservice department and other partners, such as local farmers, the American Cancer Society, or the state department of food and agriculture. Activities may include an all-you-can-eat fruit and vegetable bar, fruit preparation demonstrations, fruit collages and other creative art projects, a sampling of unfamiliar fruits and vegetables.

Students and teachers can dress up in costumes of their favorite fruits and vegetables. Provide giveaways for your students, such as 5-A-Day fruit and vegetable pogs, stickers, and fruit-filled goody bags. End the activity with a healthy treat and serve fruit pizza for lunch!

This activity was inspired by the Boston Public Schools in Boston, Massachusetts.

Pyramid Power Pack Lunch

Students can draw pictures of a Food Guide Pyramid on a brown paper bag to create a lunch pack. They can then fill the Pyramid lunch pack with foods from the five food groups that will be featured in a special school lunch or school picnic.

Invite parents to join their children for the Pyramid pack picnic. Parents can help their children differentiate among the five food groups. Together, children, parents, and teachers can picnic on the school's lawn or even in a nutrition-theme decorated cafeteria.

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After lunch, students and parents can play fun games, such as Food Pyramid BINGO and nutrition hopscotch. This can be a fun way for students and their parents to experience healthy eating together.

This activity was inspired by the Heck-Quaw Elementary School in Belgrade, Montana.

"New Food" Fair

Getting children to try new foods may be challenging, but success can lead to a lifetime of healthy eating habits. Organize a school-wide New Foods Fair so the students can gain hands-on experience trying new foods. Activity ideas can include sampling new and exotic fruits and vegetables, a variety of yogurt flavors, turkey dogs and burgers, soy foods, and healthy snacks like Chili Popcorn from the *Food, Family & Fun: A Seasonal Guide to Healthy Eating* cookbook.

To round out the fair, invite an aerobics instructor to lead the students through fun dances and get their hearts pumping. Other partners such as the American Cancer Society and Dairy Association can supply nutrition information for the students to take home and share with their families.

This activity was inspired by Orchard Place School in Des Moines, Iowa.

Swinging Dance Party

Are your students too cool to hang out with senior citizens? Organize a swing dance for your students and their grandparents and seniors from the local senior center or community center.

Serve nutritious snacks to teach everyone how easy it is to eat healthy wherever you are! Snack ideas include frozen fruit juicers, herb-tossed popcorn, mini-bagel bites, and vegetable dippers. Dancing the night away will help everyone realize how good it feels to be active.

This activity was inspired by the Santa Domingo Public School in Bernalillo, New Mexico.

Fruit and Vegetable Market

Most students do not eat enough fruits and vegetables each day. Promote how tasty fruits and vegetables can be by having the students prepare snacks to sell during school breaks or after school.

Fruit and vegetable snack ideas include: "Ants on a Log" (celery with peanut butter and raisins), strawberry and pineapple kabobs, fruit slaw cups, mango slices, and slushy fruit juicers. Not only will this teach the students that fruits and vegetables can taste good, but it will also help them learn how to prepare these snacks and how to promote the sale of fruit in the school, which can benefit other school activities.

This activity was inspired by the Sunnymead Middle School in Moreno Valley, California.

Top Ten List..."Why Eating Healthy Is Cool"

High school students can make great teachers for their younger counterparts. Have a group of high school students prepare a nutrition lesson such as "Why Healthy Eating is Cool" and teach middle or elementary students why that's cool. The lesson can be made into a guessing game and prizes can be awarded for right answers.

This activity will inspire the younger students to start eating healthy now so that they can be cool role models when they get to high school.

This activity was inspired by the Barneveld School in Barneveld, Wisconsin.

All Aboard the Nutrition Express

All Aboard! Use a train theme to motivate the students into jumping on the Team Nutrition train toward healthy eating and energy. Promote the National School Lunch and School Breakfast Programs in your school by having a prize drawing for students who participate in the school nutrition programs. Award prizes for participation in the school nutrition programs with the toy train as the grand prize.

Another activity that can illustrate how eating well affects health involves having the students measure their growth on their own personal growth chart. This is a great way to interest students in eating well. After all, who doesn't want to grow up to be big and strong?

This activity was inspired by the Alexander Elementary School in Commerce, Oklahoma.

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SAMPLE TIMELINE

Sample timeline is for Nutrition Navigation Night, found on page 6.

Timeline	Activity	Resources
	Pick a date for the Nutrition Navigation Night	
4-6 weeks before activity	Organize a team to coordinate the activity Contact potential partners to donate ideas, time, and materials (e.g., compasses, prizes) Determine educational objectives.	Team Nutrition School Activity Planner
3-4 weeks before activity	Have students decide what activities they would like to present. Have students and participants decide on healthy recipes for food exhibits. Coordinate all classes and activities. • Draft ideas for prizes • Confirm partners' participation • Implement educational objectives.	Food, Family & Fun: A Seasonal Guide to Healthy Eating
2-3 weeks before activity	Promote the activity in the community. Start to map navigation route. • Draft a program for the activity. • Complete educational objectives.	Team Nutrition Days...and Beyond: How-To Kit
1-2 weeks before activity	Obtain materials for activity night. • Print activity program • Finalize logistics	
Day of activity	Prepare food for sampling activity Distribute activity program, compasses, etc. Have fun!	10 Steps for Parents–Healthy Eating at School Team Up at Home! Team Nutrition Activity Booklet

TEAM NUTRITION SCHOOLS

This is a listing of Team Nutrition Schools that submitted feedback to USDA for activities they conducted.

Alabama
Ariton Unit School, Ariton, Alabama
Bluff Park Elementary School, Birmingham, Alabama
Coffee Springs Elementary School, Coffee Springs, Alabama
Dale County High School, Midland City, Alabama
George W. Long Elementary School, Skipperville, Alabama
H. W. Gwin School, Hoover, Alabama
Montevallo Middle School, Montevallo, Alabama
Newton Elementary School, Newton, Alabama
Randolph Elementary School, Randolph, Alabama
Rocky Ridge Elementary School, Hoover, Alabama
South Dale Middle School, Pinckard, Alabama
South Shades Crest School, Hoover, Alabama

Alaska
Clarks Point School, Clarks Point, Alaska
Petersburg High School, Petersburg, Alaska
Petersburg Middle School, Petersburg, Alaska
Rae C. Stedman School, Petersburg, Alaska

Arkansas
Bismarck Elementary School, Bismarck, Arkansas
Cavanaugh Elementary School, Fort Smith, Arkansas

California
Fifty-Second Street Elementary School, Los Angeles, Californi
Littlejohn S hool, Fair Oaks, California
Sierra Elementary School, Tollhouse, California
Sunnymeade Middle School, Moreno Valley, California
Valley Alternative Magnet School, Van Nuys, California

Colorado
Akron Elementary School, Akron, Colorado
East Elementary School, La Junta, Colorado

Delaware
Alexis I. duPont High School, Greenville, Delaware
Carrie Downie Elementary School, New Castle, Delaware
Lancashire Elementary School, Wilmington, Delaware
Pleasantville Elementary School, New Castle, Delaware
Robert S. Gallaher Elementary School, Newark, Delaware
Warner Kindergarten Center, Wilmington, Delaware
Wilmington Manor Elementary School, New Castle, Delaware

Florida
Colbert School, Hollywood, Florida
Del Prado Elementary School, Boca Raton, Florida
Edgewood Renaissance Academy, Ft. Myers, Florida
Flagami Elementary School, Miami, Florida

Georgia
Bowman Elementary School, Bowman, Georgia
Dodge County High School, Eastman, Georgia
Stone Mountain High School, Stone Mountain, Georgia

Idaho
Canyon Elementary School, Cataldo, Idaho

Illinois
Donoghue Elementary School and Child Parent Center, Chicago, Illinois
East Alton - Wood River Community High School, Wood River, Illinois
Harold Washington School, Chicago, Illinois
Henry Clay School, Chicago, Illinois
Hollis Grade School, Peoria, Illinois
Middleton School, Skokie, Illinois
Saint Anthony Grade School, Effingham, Illinois
Saint Paul Luthern School, Skokie, Illinois

Indiana
Abraham Lincoln Elementary School, Indianapolis, Indiana
Burris Laboratory School, Muncie, Indiana
F.O.C.C.U.S. Christian Childcare Center, Indianapolis, Indiana
Fairview Elementary School, Logansport, Indiana
Jonathan Jennings School, Charlestown, Indiana
Kekionga Middle School, Fort Wayne, Indiana
Rockville Elementary School, Rockville, Indiana
Southeast Fountain Elementary School, Veedersburg, Indiana
Three Creeks Elementary School, Lowell, Indiana

Iowa
Central Schools, Elkader, Iowa
Clarke Community School District, Osceola, Iowa
Farragut School, Farragut, Iowa
Johnson Elementary School, Spencer, Iowa
Manson Northwest Webster School, Manson, Iowa
Orchard Place School, Des Moines, Iowa
St. Edwards School, Waterloo, Iowa
Wall Lake View Auburn School, Lake View, Iowa

Kansas
Argonia Elementary School, Argonia, Kansas
Emmett Grade School, Emmett, Kansas
High Elementary School, Columbus, Kansas
Highland Grade School, Columbus, Kansas

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North Reno School, Hutchinson, Kansas
Park Elementary School, Great Bend, Kansas
Park Elementary School, Columbus, Kansas
Scammon Elementary School, Scammon, Kansas
Spencer School, Galena, Kansas
Tescott School, Tescott, Kansas

Kentucky

Caldwell County School, Princeton, Kentucky
Chaplin Elementary School, Chaplin, Kentucky
Crums Lane Elementary School, Louisville, Kentucky
Ravenna Elementary School, Ravenna, Kentucky
St. Charles Middle School, Lebanon, Kentucky
Summer Shade Elementary School, Summer Shade, Kentucky

Louisiana

Bains Elementary School, St. Francisville, Louisiana
Bains Lower Elementary School, St. Francisville, Louisiana
Broadmoor Elementary School, Baton Rouge, Louisiana
Central Park Elementary School, Bossier City, Louisiana
Church Point Elementary School, Church Point, Louisiana
Coushatta Elementary School, Coushatta, Louisiana
Folsom Junior High School, Folsom, Louisiana
Pesson Addition Elementary School, New Iberia, Louisiana
Sacred Heart of Jesus School, Baton Rouge, Louisiana
Sts. Leo-Seton Elementary School, Lafayette, Louisiana
West Feliciana Junior / Senior High School, St. Francisville, Louisiana

Maine

York Village Elementary School, York, Maine
Woodland Consolidated School, Caribou, Maine

Maryland

Atholton High School, Columbia, Maryland
Bentalou Elementary School, Baltimore, Maryland
Centreville Elementary School, Centreville, Maryland
Elkton Middle School, Elkton, Maryland
Rising Sun High School, North East, Maryland

Massachusetts

Boston Latin Academy, Boston, Massachusetts
Boston Public Schools, Boston, Massachusetts
Conley School, Roslindale, Massachusetts
Dearborn Middle School, Roxbury, Massachusetts
Edwards Middle School, Charlestown, Massachusetts
Franklin D. Roosevelt Elementary School, Hyde Park, Massachusetts
Henry Grew Elementary School, Hyde Park, Massachusetts
Jackson Mann School, Allston, Massachusetts
James A. Garfield School, Brighton, Massachusetts
John W. McCormick School, Dorchester, Massachusetts
Joseph J. Hurley School, Boston, Massachusetts
Mary E. Curley Middle School, Jamaica Plain, Massachusetts
Mather Elementary School, Dorchester, Massachusetts
Mattahunt School, Mattapan, Massachusetts
Mendell School, Roxbury, Massachusetts
Naquag Elementary School, Rutland, Massachusetts
Patrick O'Hearn School, Dorchester, Massachusetts
Pauline A. Shaw School, Dorchester, Massachusetts
Snug Harbor Community School, Quincy, Massachusetts
The Havard-Kent School, Charlestown, Massachusetts
Woodrow Wilson Middle School, Dorchester, Massachusetts

Michigan

Bay Port Elementary School, Bay Port, Michigan
Bennie Elementary School, Allen Park, Michigan
Comstock Public Schools, Comstock, Michigan
Delton Kellogg Elementary School, Delton, Michigan
Gwinn Area Schools, Gwinn, Michigan
Ironwood High School, Ironwood, Michigan
Spain Middle School, Detroit, Michigan

Minnesota

Leo A. Hoffman Center, St. Peter, Minnesota
Minnesota Department of Children, Families, and Learning, St. Paul, Minnesota
Oak Ridge Elementary School, Eagan, Minnesota
St. Paul / St. Peter Lutheran School, Watertown, Minnesota
The Blake School, Hopkins, Minnesota

Mississippi

Sacred Heart School, Hattiesburg, Mississippi
Sullivan Elementary School, Southaven, Mississippi
Yazoo Community Action / Head Start, Yazoo City, Mississippi

Missouri

Clarence Elementary School, Clarence, Missouri
Climax Springs R - IV School District, Climax Springs, Missouri
Coleman Elementary School, St. Joseph, Missouri
Edison Elementary School, St. Joseph, Missouri
Ellison Elementary School, St. Joseph, Missouri
Field Elementary School, St. Joseph, Missouri
Green Ridge School, Green Ridge, Missouri
Hall Elementary, St. Joseph, Missouri
Hosea Elementary, St. Joseph, Missouri
Humboldt Elementary School, St. Joseph, Missouri
Hyde Elementary School, St. Joseph, Missouri
Jefferson Elementary School, Farmington, Missouri
Lake Elementary School, St. Joseph, Missouri
Lindbergh Elementary School, St. Joseph, Missouri
Mark Twain Elementary, St. Joseph, Missouri
Neely Elementary School, St. Joseph, Missouri
Noyes Elementary School, St. Joseph, Missouri

Parkway Elementary School, St. Joseph, Missouri
Pershing Elementary School, St. Joseph, Missouri
Pickett Elementary School, St. Joseph, Missouri
Shelbina Elementary School, Shelbina, Missouri
Skaith Elementary School, St. Joseph, Missouri
South Shelby High School, Shelbina, Missouri
South Shelby Middle School, Shelbina, Missouri
St. Clement School, Bowling Green, Missouri
Webster Elementary School, St. Joseph, Missouri
Winston R - VI School, Winston, Missouri

Montana

Heck-Quaw Elementary School, Belgrade, Montana
Lewis & Clark Elementary School, Lewistown, Montana
Lone Rock School, Stevensville, Montana
Longfellow Elementary School, Bozeman, Montana
Nashua School, Nashua, Montana

Nebraska

Bellwood Elementary School, Bellwood, Nebraska
Cotterell Elementary School, North Bend, Nebraska
Elba Public School, Elba, Nebraska
Elyria Elementary School, Elyria, Nebraska
Filley Consolidated School, Filley, Nebraska
Gretna Elementary School, Gretna, Nebraska
Inman Public School, Inman, Nebraska
Lake Alice School, Scottsbluff, Nebraska
Mary Lynch Elementary School, Kimball, Nebraska
Odell Public School, Odell, Nebraska
St. Joseph Catholic School, Lincoln, Nebraska
Villa Marie School, Waverly, Nebraska
West Elementary School, Kimball, Nebraska

New Hampshire

Pleasant Street Elementary School, Laconia, New Hampshire
Stratham Memorial School, Stratham, New Hampshire

New Jersey

Bedwell Elementary School, Bernardsville, New Jersey
Dayton School, Dayton, New Jersey
Deans School, Monmouth Junction, New Jersey
Franklin Borough School, Franklin, New Jersey
Indian Fields Elementary School, Dayton, New Jersey
Irene E. Feldkirchner Elementary School, Green Brook, New Jersey
James F. Murray PS #38, Jersey City, New Jersey
Martin L. King, Jr. School #6, Passaic, New Jersey
Sparta Alpine School, Sparta, New Jersey
Sparta Helen Morgan School, Sparta, New Jersey
Sparta High School, Sparta, New Jersey
Warren Middle School, Warren, New Jersey

New Mexico

Capitan Elementary School, Capitan, New Mexico
Holman Elementary School, Mora, New Mexico
Katherine Gallegos School, Los Lunas, New Mexico
Mora Elementary School, Mora, New Mexico
Mora High School, Mora, New Mexico
Santo Domingo Public School, Bernalillo, New Mexico

New York

Ann MacArthur School, Locust Valley, New York
Bolivar Road Elementary School, Chittenango, New York
Christopher Columbus High School, Bronx, New York
Indian Lake Central School, Indian Lake, New York
Kolbe Catholic Regional School, Cheektowaga, New York
Middletown High School, Middletown, New York
Philadelphia Primary School, Philadelphia, New York
PS 233 at PS 130, Bayside, New York
St. Charles Borromeo School, Syracuse, New York
St. Peter's School, Plattsburgh, New York

North Carolina

Atlantic Elementary School, Atlantic, North Carolina
Tarawa Terrace I Elementary School, Tarawa Terrace, North Carolina
West Craven High School, Vanceboro, North Carolina
Wolf Meadow Elementary School, Concord, North Carolina

North Dakota

Lehr Public School, Lehr, North Dakota
Max Public School, Max, North Dakota

Ohio

East Elementary School, Upper Sandusky, Ohio
Gen. Rufus Putnam School, Zanesville, Ohio
Harris Elementary School, Akron, Ohio
Harter Elementary School, Canton, Ohio
Holy Rosary School, Toledo, Ohio
J. E. Prass Elementary School, Kettering, Ohio
Maize Elementary School, Columbus, Ohio
McIntire Elementary School, Zanesville, Ohio
McKinley Elementary School, Zanesville, Ohio
Milton Union Middle School, West Milton, Ohio
Munson Elementary School, Zanesville, Ohio
Muskingum-Perry Career Center, Zanesville, Ohio
Pioneer Elementary School, Zanesville, Ohio
Pleasant Grove Elementary School, Zanesville, Ohio
St. Thomas the Apostle School, Columbus, Ohio
Tri Village School, New Madison, Ohio
Westview Elementary School, Zanesville, Ohio
Wilson Elementary School, Zanesville, Ohio

Oklahoma

Alexander Elementary School, Commerce, Oklahoma
Bowring Elementary School, Bowring, Oklahoma
Commerce Middle School, Commerce, Oklahoma

Pennsylvania

Eisenhower Elementary School, Gettysburg, Pennsylvania
Franklin Township Elementary School, Cashtown, Pennsylvania
Gettysburg Middle School, Gettysburg, Pennsylvania

Gettysburg Senior High School, Gettysburg, Pennsylvania
Jacksonwald Elementary School, Reading, Pennsylvania
James Getty School, Gettysburg, Pennsylvania
Keefauver Elementary School, Gettysburg, Pennsylvania
Northern Lebanon Jr. & Sr. High School, Fredericksburg, Pennsylvania
Our Lady of Victory School, State College, Pennsylvania
St. Andrew's School, Johnstown, Pennsylvania
Thomas K. Finletter School, Philadelphia, Pennsylvania
Weatherly Area Middle School, Weatherly, Pennsylvania

Puerto Rico

Escuela Angela Cordero Bernard, Ponce, Puerto Rico
Escuela Berta Zalduondo Cruz, Puerto Real, Fajardo, Puerto Rico
Escuela Eugenio Maria de Hostos, Quebradillas, Puerto Rico
Escuela José Facundo Cintron, Yabucoa, Puerto Rico
Escuela Thomas Jefferson, Arecibo, Puerto Rico

Rhode Island

Gallagher Middle School, Smithfield, Rhode Island

South Carolina

Seven Oaks Elementary School, Columbia, South Carolina

South Dakota

Garretson Elementary School, Garretson, South Dakota
Garretson High School, Garretson, South Dakota
Garretson Middle School, Garretson, South Dakota

Tennessee

Anderson Elementary School, Bristol, Tennessee
Bellevue Middle School, Nashville, Tennessee
Briceville Elementary School, Briceville, Tennessee
Neva Elementary School, Mountain City, Tennessee
New Middleton School, Gordonsville, Tennessee
Norwood Elementary School, Oliver Springs, Tennessee
Oakmont School, Cottontown, Tennessee
Sam Houston Elementary School, Maryville, Tennessee
Sterchi Elementary School, Knoxville, Tennessee
Tusculum View Elementary School, Greenville, Tennessee

Texas

Hillcrest Elementary School, San Antonio, Texas
La Union Elementary School, Rio Grande C.C.I.S.D., Texas
Littlefield Independent School District, Littlefield, Texas

Utah

Enoch Elementary School, Enoch, Utah
Ephraim Elementary School, Ephraim, Utah

Vermont

Browns River Middle School, Underhill, Vermont

Virgin Islands

Claude O. Markoe School, Frederiksted, St. Croix, Virgin Islands

Virginia

Centerville Elementary School, Virginia Beach, Virginia
Drew Model Elementary School, Arlington, Virginia
Fairhill Elementary School, Fairfax, Virginia
Keezletown Elementary School, Keezletown, Virginia
Patrick Henry Elementary School, Mechanicsville, Virginia
Thomas McSwain Elementary School, Staunton, Virginia
Virginia Tech University Cooperative Extension Service, Blacksburg, Virginia

Washington

Brentwood Elementary School, Spokane, Washington
Evergreen School, Spokane, Washington
Mead High School, Spokane, Washington
Shiloh Hills Elementary School, Spokane, Washington

West Virginia

Beverly Elementary School, Beverly, West Virginia
Cottageville Elementary School, Cottageville, West Virginia
Hillsboro Elementary and Middle School, Hillsboro, West Virginia
Huntington High School, Huntington, West Virginia
Milton Elementary School, Milton, West Virginia
Nuttall Middle School, Lookout, West Virginia
Nutter Fort School, Nutter Fort, West Virginia
Summersville SDA, Summersville, West Virginia
VanDevender Junior High School, Parkersburg, West Virginia

Wisconsin

Barneveld School, Barneveld, Wisconsin
Evergreen Elementary School, Mosinee, Wisconsin
Family & Children's Center, LaCrosse, Wisconsin
Lincoln Elementary School, Janesville, Wisconsin
St. Anthony de Padua School, Park Falls, Wisconsin
St. Mary's Catholic School, Tomah, Wisconsin
St. Michael's School, Wausau, Wisconsin
West Salem Elementary School, West Salem, Wisconsin

Wyoming

Cody Elementary School, Cody, Wyoming
Guernsey Sunrise School, Guernsey, Wyoming
Hobbs Elementary School, Cheyenne, Wyoming
Meeteetse Schools, Meeteetse, Wyoming
Ten Sleep School, Ten Sleep, Wyoming
WCTL - L University of Wyoming, Laramie, Wyoming

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Food and Nutrition Service

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